



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, March 10th - 11:00-11:45 am

Agenda

- ❖ **Welcome New Champions!**
- ❖ **Leadership Development**
 - ❖ *With Special Guest Jack Bastable*
- ❖ **“Fast Break to Fitness” Challenge – Starts Monday, March 14th, 2016**
- ❖ **Focus Group Updates**
 - ❖ *Food*
 - ❖ *Work/Life/Energy*
- ❖ **March HQ Seminar**
- ❖ **March EAP Webinar**

Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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**Neuroleadership
Mindset**

Fix Mindset

- ☐ We have skills we just can't get better at
- ☐ Effort doesn't help
- ☐ Feedback is dangerous
- ☐ Stretch goals are bad
- ☐ Other people's success de-motivate

Source: Neuroleadership Institute

Growth Mindset

- ☐ We can get better at most things
- ☐ We can change
- ☐ Effort is central
- ☐ Feedback is helpful
- ☐ Stretch goals are good
- ☐ Other peoples' success inspires



Source: Neuroleadership Institute

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by: Reid Wilson @wayfaringpath ©©©© Icon from: thenounproject.com

"Fast Break to Fitness" Challenge



Creative Ways to Add Physical Activity

- Take the stairs whenever possible
- Park a few blocks away from work and walk the distance
- Stand while talking on the phone
- Start a workplace walking club
- Carry the grocery basket



March 14th - April 8th, 2016

How the Challenge Works

The Fast Break to Fitness Challenge is a 4 week physical activity program for everyone! Choose which level you want to follow, and you'll earn points by completing the following:

LEVEL I

- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 30 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 5 minutes or more OR 15 minutes or more of Strength Training (3 points)

LEVEL II


- Take a Break: Step away from your desk for 15 minutes (1 point)
- Exercise for 60 minutes or more (2 points)
- Do HIIT (High-Intensity Interval Training) for 10 minutes or more OR 30 minutes or more of Strength Training (3 points)

Focus Group Updates



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March 2016 Seminar Available on the Portal 3/1/16


Action Plan Progress Rewards Coaching Library

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Cleaner and Greener

Seminar · 1 Credit Last Reviewed: 02/23/2016

There's a lot to think about when you shop for home and personal cleaning products. What does it cost? Will it work? And does it harm the environment? People want to know more about what's in these products and how they might affect their health. Learn what the EPA's Safer Choice label means for your health and safety.

Seminars help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

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March 2016 EAP Webinar

Wednesday, March 23rd, 2016

3:00 p.m.

Cutting Through the Clutter

Most people have no idea how much their clutter affects them. People who live with excess clutter say they can't find the energy to begin to clear it.

In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. Recognizing the source of your clutter problem can empower you to address the problem directly without shame.

Register at:

<https://attendee.gotowebinar.com/register/698820276446089987>



Thank You for Joining Today's Meeting!!

Next Meeting is **Thursday, April 14th**

✓ 11:00-11:45 am

Secret Question:

Open Questions/Comments

